

## SA Equipped Powerlifting Championships

22 July 2023

AGE GROUP	DEV	DIV	NAME & SURNAME	LOT NO	BODY weight	SQUAT			BENCH PRESS			DEAD LIFT			TOTAL (kg)	IPF GL Pts.	POSITION									
						1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD												
<b>WOMEN POWERLIFTING</b>																										
Sub-Junior	EC	47	Pearl Bucwa	11	44,3	70,0	+	75,0	+	80,0	-	35,0	-	35,0	+	37,5	-	90,0	+	100,0	+	105,0	+	215,0	49,33	First
Sub-Junior	G	63	Mijuane de Wet	5	62,9	150,0	+	170,0	+	178,0	+	90,0	+	94,5	-	94,5	+	150,0	+	170,5	+	175,5	+	448,0	80,95	First
Sub-Junior	EC	63	Catinka Fourie	15	62,8	115,0	+	120,0	-	120,0	-	55,0	+	57,5	+	62,5	+	100,0	+	115,0	+	125,0	+	302,5	54,71	Second
Sub-Junior	EC	69	Chante Mulder	1	67,2	120,0	+	127,5	+	132,5	-	75,0	+	80,0	-	80,0	+	115,0	+	130,0	+	135,0	+	342,5	59,69	First
Sub-Junior	EC	69	Stephene Loubser	10	68,2	100,0	+	110,0	+	120,0	+	50,0	+	55,0	+	60,0	-	110,0	+	115,0	-	115,0	+	290,0	50,15	Second
Sub-Junior	G	69	Caitlyn Lotter	9	67,6	95,0	+	102,5	-	102,5	-	45,0	+	50,0	+	52,5	-	110,0	+	120,0	-	120,0	-	255,0	44,30	Third
Sub-Junior	EC	76	Anika Maree	3	75,1	130,0	+	135,0	+	140,0	+	65,0	+	70,0	+	72,5	+	130,0	+	135,0	+	137,5	-	347,5	57,33	First
Junior	EC	52	Nicole Loubser	4	50,8	80,0	+	87,5	+	92,5	-	37,5	+	40,0	+	42,5	-	100,0	+	105,0	-	105,0	+	232,5	48,13	First
Junior	EC	69	Chante Mulder	1	67,2	120,0	+	127,5	+	132,5	-	75,0	+	80,0	-	80,0	+	115,0	+	130,0	+	135,0	+	342,5	59,69	First
Junior	EC	76	Anika Maree	3	75,1	130,0	+	135,0	+	140,0	+	65,0	+	70,0	+	72,5	+	130,0	+	135,0	+	137,5	-	347,5	57,33	First
Open	G	52	Alexa Pentopoulos	6	52	130,0	+	140,0	-	140,0	+	75,5	-	75,5	-	75,5	+	130,0	+	140,0	+	145,5	+	361,0	73,52	First
Open	EC	63	Janel Daffue	13	61,7	127,5	+	135,0	+	140,0	+	75,0	+	77,5	+	82,5	-	145,0	+	155,0	-	155,0	-	362,5	66,23	First
Open	G	76	Chantelle du Toit	16	73,9	160,0	+	170,0	+	176,0	+	105,0	+	108,5	+	111,5	+	150,0	+	160,0	+	167,5	+	455,0	75,63	First
Open	G	84+	Christi Rees	17	108,4	200,0	+	210,0	+	212,5	-	175,0	+	180,0	+	186,0	-	155,0	+	165,0	+	175,0	-	555,0	80,33	First
Master 1	WC	84	Naiema Mohammed	8	82,5	160,0	+	170,0	+	175,0	+	87,5	+	92,5	+	97,5	+	160,0	+	177,5	+	190,5	-	450,0	71,28	First
Master 2	EC	47	Elisabeth Barry	12	46,8	90,0	+	100,0	+	105,0	-	40,0	+	42,5	+	45,5	+	95,5	+	105,0	+	110,0	+	255,5	56,17	First
Master 2	G	69	Heather Leighton	7	68,4	70,0	+	75,0	+	77,5	+	65,0	-	65,0	+	66,0	+	75,0	+	85,0	+	92,5	+	236,0	40,75	First
<b>MEN POWERLIFTING</b>																										
Sub-Junior	EC	53	Samuel Meshilinie	26	52,2	85,0	+	90,0	-	90,0	+	70,0	+	75,0	+	80,0	+	120,0	+	130,0	+	140,0	+	310,0	49,85	First
Sub-Junior	EC	66	Brandon Look	20	64,4	90,0	+	95,0	+	100,0	+	70,0	+	75,0	+	80,0	+	115,0	+	125,0	+	135,0	+	315,0	42,94	First
Sub-Junior	EC	83	Ayabonga Goba	38	77,6	145,0	-	145,0	+	160,0	+	80,0	+	95,0	+	102,5	-	180,0	+	195,0	-	195,0	+	450,0	54,11	First
Sub-Junior	EC	83	Steven Vosloo	39	80,1	120,0	+	130,0	+	140,0	+	85,0	-	85,0	+	102,5	+	155,0	+	175,0	+	192,5	+	435,0	51,30	Second
Sub-Junior	EC	83	Tyron Potgieter	25	76,1	110,0	+	120,0	+	125,0	-	57,5	-	62,5	-	62,5	-	155,0	+	170,0	+	185,0	+	DNF		
Sub-Junior	EC	93	Stian Landman	36	91,7	150,0	+	157,5	-	157,5	-	77,5	+	82,5	+	90,0	-	160,0	+	170,0	+	180,0	-	402,5	43,97	First
Junior	EC	74	Juan Bezuidenhout	40	71,3	110,0	+	120,0	+	125,0	+	75,0	+	80,0	+	82,5	-	145,0	+	160,0	+	170,0	-	365,0	46,35	First
Junior	G	120	Justin Furman	23	120	300,0	+	315,0	+	-	+	165,0	+	172,5	-	-	+	275,0	+	300,0	+	307,5	+	787,5	76,11	First
Open	G	74	Marcel Vorster	21	69,5	240,0	+	250,0	+	260,0	-	170,0	+	175,0	+	182,5	+	180,0	+	200,0	+	215,0	-	632,5	81,72	First
Open	G	83	Steve A Ogunfemi	37	81,1	235,0	+	248,0	-	248,0	-	120,0	-	120,0	+	130,0	-	240,0	+	255,0	+	266,0	-	610,0	71,41	First
Open	EC	83	Eugene Sadie	35	81,6	220,0	-	230,0	+	240,0	-	170,0	-	170,0	-	-	-	260,0	+	270,0	+	282,5	-	DNF		

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Open	G	93	Archie Ayekpa	31	90,8	225,0	+	240,0	+	252,5	+	195,0	+	205,0	+	215,5	-	245,0	+	265,0	-	265,0	+	722,5	<b>79,35</b>	First
Open	G	105	Derik van Wyk	28	103,6	260,0	+	272,5	+	280,0	+	200,0	+	207,5	-	207,5	-	230,0	+	242,5	+	257,5	+	737,5	<b>75,85</b>	First
Open	G	105	Simbayi Bvumburai	32	103,8	220,0	+	260,0	+	280,0	+	130,0	+	135,0	+	150,0	-	220,0	+	260,0	+	282,5	+	697,5	<b>71,67</b>	Second
Open	NW	105	Christo Schoonraad	18	102,2	240,0	+	260,0	-	260,0	+	155,0	+	165,0	+	170,0	+	230,0	+	250,0	+	260,0	+	690,0	<b>71,41</b>	Third
Open	G	120	Justin Furman	23	118,5	300,0	+	315,0	+	-	165,0	+	172,5	-	-	275,0	+	300,0	+	307,5	+	787,5	<b>76,48</b>	First		
Open	G	120	Haroun Pietersen	19	111,7	270,0	+	300,0	-	300,0	+	150,0	+	160,0	+	167,5	+	270,0	+	287,5	+	292,5	+	760,0	<b>75,60</b>	Second
Open	G	120	Hermanus de Beer	29	113,3	180,0	+	200,0	+	220,0	+	160,0	+	170,0	+	180,0	+	250,0	+	270,0	+	290,5	-	670,0	<b>66,25</b>	Third
Master 1	KZN	120+	Simon Breetzke	22	145,4	265,0	+	295,0	+	310,0	+	245,0	+	262,5	-	262,5	+	245,0	+	277,5	+	285,0	-	850,0	<b>77,03</b>	First
Master 2	G	83	Steve A Ogunfemi	37	81,1	235,0	+	248,0	-	248,0	-	120,0	-	120,0	+	130,0	-	240,0	+	255,0	+	266,0	-	610,0	<b>71,41</b>	First
Master 2	G	120	Hermanus de Beer	29	113,3	180,0	+	200,0	+	220,0	+	160,0	+	170,0	+	180,0	+	250,0	+	270,0	+	290,5	-	670,0	<b>66,25</b>	First
Master 2	G	120+	John Crain	34	122,8	180,0	+	200,0	+	210,0	-	190,0	+	205,0	+	215,0	+	230,0	+	255,0	+	267,5	-	670,0	<b>64,19</b>	First
Master 3	NC	74	Tommie de Nysschen	33	73,7	135,0	+	145,0	+	150,0	+	137,5	+	142,5	+	150,0	+	140,0	+	150,0	+	155,0	+	455,0	<b>56,54</b>	First
Master 3	NW	105	Christo Schoonraad	18	102,2	240,0	+	260,0	-	260,0	+	155,0	+	165,0	+	170,0	+	230,0	+	250,0	+	260,0	+	690,0	<b>71,41</b>	First
Master 4	G	83	Dan Oppenheim	24	75,3	125,0	-	125,0	-	125,0	+	75,0	+	85,0	+	92,5	+	135,0	+	145,0	+	160,0	+	377,5	<b>46,26</b>	First

Overall best lifters  
SA Records

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## Session 1

<b>Side Ref</b> Werner Benadie ( Exam )	<b>Main Ref</b> Vicki Botha	<b>Side Ref</b> Ian Furman
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Jury  
Hannie Smith

Anouncer  
Denzel Vermeulen  
  
Weight chart  
Willem van Dyk

Computer  
Megan Minaar

Spotters  
Wonga Jola  
Keenan  
David Jali

## Session 2

<b>Side Ref</b> Carol Anthony ( Exam )	<b>Main Ref</b> Heather Leighton	<b>Side Ref</b> Vicki Botha
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Jury  
Hannie Smith

Anouncer  
Denzel Vermeulen  
  
Weight chart  
Willem van Dyk

Computer  
Megan Minaar

Spotters  
Wonga Jola  
Keenan  
David Jali

Weight chart

Weight chart  
Andre Ludik

## Session 3

<b>Side Ref</b> Matt Bekker ( Exam )	<b>Main Ref</b> Vicki Botha	<b>Side Ref</b> Ilze - Mari Maritz
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Jury  
Hannie Smith  
Heather Leighton

Anouncer  
Denzel Vermeulen  
  
Weight chart  
Willem van Dyk

Computer  
Megan Minaar

Spotters  
Wonga Jola  
Keenan  
David Jali  
Andre Ludik  
Werner Benadie